

SUMMER 2018 QUARTERLY NEWSLETTER
www.ageconcernnt.org.nz



Age Concern Nelson Tasman

Serving the needs of older people

ACTIVE SENIORS NELSON TASMAN



We have a busy summer coming up, details inside.

Contact Information

Phone: (03) 544 7624

Email: manager@ageconcernnt.org.nz

Address: 62 Oxford Street, Richmond, Nelson 7020

Postal Address: PO Box 3381, Richmond, Nelson 7050

OFFICE HOURS

8.30am - 4.30pm Monday to Friday

We are grateful to all our funders:



Frimley Foundation

Whittaker Trust

Trash Palace

Disclaimer: The views expressed in this newsletter are not necessarily those of Age Concern Nelson. The inclusion or exclusion of any product does not mean that the publisher or Age Concern advocates or rejects its use.

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Richmond Park Showgrounds - 124 years

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www.richmondpark.nz | (03) 544 7181

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***\$7.00 Concession Tickets for Over 65s
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Words from the Chair



We held a wonderful annual general meeting back in September. It was good to welcome many of you there for that. AGM's can be notoriously dull but not at Age Concern Nelson Tasman. In many ways our AGM this year was a celebration of our achievements for

the past year.

The base line is that we are grateful to YOU our members and supporters. You give us the encouragement to go forward. Thank you for your part in our success story.

At the AGM we celebrated the wonderful work being done by our Manager Caroline Budge and her great team. If ever you go to the office, you will see there a dedicated and professional group of people working hard to support us all.

I also wish to pay tribute to the dedication of each of our Board members who offer their services to Age Concern Nelson Tasman as volunteers. Our Board has just the correct mix of skills and experience we need to do our work efficiently.

Now we have been handed the challenge to oversee the whole of the building at 62 Oxford Street by the Tasman District Council. Our goal is to renovate the building and make it 'fit for purpose' so that it will begin a new lease of life in the service of the older community in and around Richmond.

Working to such a high standard is very costly. We are grateful to our members and funders who regularly donate thousands of dollars each year to enable our work to advance. If you would like to make a bequest to Age Concern Nelson Tasman, then we would be pleased to talk to you about this. Rest assured that every dollar we collect is used for the purpose for which it was given. We are a charity and we depend on the kindness and the generosity of people like you.

Enjoy the springtime season with all its new growth. And most of all, keep safe.

Every good wish,

Charles Tyrrell QSO

Chair of the Board of Age Concern Nelson Tasman Inc.

Brighten up your festive season

For many, Christmas is a time of family togetherness, the sharing of meals, relaxing together over a holiday break, youngsters playing whilst the adults watch on. Backyard cricket, bbq's, afternoon siestas, long days at the beach, camping, picnics packed in chilly bins and Christmas cake with a cuppa. It's a wonderful season and we're so lucky to live in this beautiful country that offers such natural beauty and wonderful outdoor activities.

In contrast, the festive season can also be a time of quiet reflection, contemplation and memories for many; remembering loved ones and reminiscing of wonderful Christmases and holidays gone by.

At Driving Miss Daisy, we love this time of year and want to help you remain as active and independent as possible so that you can enjoy the traditions of the season. We provide a number of different services to assist you – here are a few ideas:

- Christmas card shopping & posting
- Christmas gift shopping for loved ones
- Clothes shopping for special occasions
- Companion driving to end of year functions & events
- Companion driving to church & carol services
- Grocery shopping for special Christmas meals and treats
- Airport and transport transfers (including at departure and arrival ports)
- Christmas light tours
- Festive outings with a group of friends

Driving Miss Daisy is committed to helping our clients get out and about, so they can live life to the full and make the most of every moment. Remember that many of our franchise owners have fully equipped Wheelchair Accessible Vehicles, to assist with walkers or wheelchairs.

Call us today to discuss your festive season requirements. If there's something you need help with we'd be happy to talk through the options.

Nelson East – Francie Kemble-Welch
(03) 547 2133 021 319 397

Nelson West – Tracey McConnachie
(03) 541 0020 021 504 856

Editorial supplied by Driving Miss Daisy

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- Family/social occasions
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Nelson East
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Nelson West
Phone: (03) 541 0020



Driving Miss Daisy®

www.drivingmissdaisy.co.nz

Meet the staff

Manager, Caroline Budge



Caroline has been with the agency for nearly 5 years, and is relishing the challenge of managing the team as they continue to grow and provide much needed services for our older community.

Elder Abuse Response Service Advisor, Mal Drummond



Mal continues in this vital role as we continue to deliver our Elder Abuse Response service. Older people can find themselves in a vulnerable situation quite suddenly and we're here to offer support and advice to whoever needs it.

Accredited Visitor Service Coordinator, Registered Social Worker, Susan Arrowsmith



Susan looks after our AVS and Carer Relief services, both of which use valuable volunteers from within the community, and offer companionship and friendship to those seeking some more social connections. We have now expanded services into Golden Bay.

Community Support Coordinator, Marrit Walstra-Russell



In this role Marrit really enjoys the variety of her work linking and working with the wider Nelson community and organising fun events. She is also currently managing our transition of the total mobility scheme to Ridewise ID cards.

AgeConnect Coordinator, Breffni O'Rourke

Breffni is very busy in her role, working on a variety of projects that help build friendships and encourage community connection.

Fundraising and Communication Officer, Miriam Clark

Miriam is busy working in all aspects of fundraising and fine tuning our communications and branding.



Opening Hours Over Christmas

We'd like to take this opportunity to wish all our readers and supporters a very merry festive season and hope that you have a pleasant Christmas and New Year.

Our offices will be closed from 12pm on Monday 24th December and reopening on Thursday 3rd January at 8.30am.



Reliable, Safe and Trusted Travel. We have a range of cars, vans and wheelchair transport available 548 8225



Give A Little Christmas campaign - Please Donate

We need your help! Sadly, Christmas is not a happy joyous occasion for everybody. It can increase financial stress and exacerbate feelings of loneliness and isolation. For the last four years we have sought to address this by creating and distributing Christmas care packages to vulnerable older people in the Nelson Tasman region. Last year we worked with students from Richmond Primary School who helped us create over 50 packages. The students got right behind this initiative making Christmas cards and gift tags, and helping make up the packages. This year we are aiming to do even more, working again with Richmond School, BUT we can't do it without your kind donations. We are looking for non-perishable foods, toiletries and treats.

If you are able to make a donation, please drop it into the Age Concern Offices at 62 Oxford Street, Richmond, by Friday 30 November or contact Marrit on (03) 544 7624. Thanks so much.



Pub Quiz Night – help us raise funds!

Do you feel like testing your general knowledge against Age Concern Nelson Tasman? We are holding a Pub Quiz Night on Monday, 10th December at Speights Ale House in Nelson. This is a great opportunity to get together a group of people, test your general knowledge, have a fun evening and help raise some funds for Age Concern which will go towards helping upgrade the Age Concern Hall, next door to our offices (see page 9).

Tickets cost \$10 per person, and are available to buy from our offices. Please call us on (03) 544 7624 or drop in and buy yours.

Nelson Denture Clinic

We are happy to announce the Nelson Denture Clinic will be lead by our new clinician, Thomas Gu. Thomas has studied and worked at the Otago University's Faculty of Dentistry in Dunedin for over 10 years. He has led various departments in removable prosthetics including partial dentures, full dentures, implant supported prosthetics, and orthodontic appliances. In addition, he has worked at a private clinic in Christchurch, for 4 years. As a result, Thomas has an extensive and wide array of experience from complex and highly specialised hospital cases, to the conventional dentures and prosthetics.

With the combination of specialised expertise and his down to earth and friendly demeanour, Thomas and his team are looking forward to provide you with the finest quality dentures that are comfortable, functional, and aesthetically pleasing, to give you your natural smile back.

To make an appointment for a complimentary, obligation-free consultation, phone Margaret on (03) 548 1478.

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Accredited Visitor Service Overview

Our Accredited Visitor Service (AVS) was set up to reduce social isolation among older people and the risk of people becoming vulnerable to self-neglect or abuse. The service recruits, trains and supports volunteers who are matched with an older person in the community and visit them to offer friendship and companionship.

Susan Arrowsmith is the AVS Coordinator with Age Concern and has been running its AVS and Carer Relief service for 6 years. “The AVS service can make such a big difference to people’s lives and I get great feedback from clients and volunteers.” reports Susan. “Loneliness has such a negative impact on people and I am often saddened by just how isolated older people can become” she states. Research shows that loneliness and social isolation are as bad for health as smoking and can contribute to serious health problems like heart disease and depression.

Our AVS is available to anyone who identifies as feeling lonely or isolated at times and feels they would like a little company. AVS clients are incredibly diverse. They range from those who are truly isolated and unable to go out at all to those who do still have some connection but feel they spend too much time alone. Many older people find that hearing issues make it difficult to join groups. This is particularly relevant for those in rest homes. Others are no longer able to attend social events after loss of driver’s license. Many state that their social circle is growing smaller due to friends passing away or moving into

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care. Often a spouse has passed away or a person is not connected with their family. Great care is taken to match clients with an appropriate volunteer visitor. When someone wants to become a part of the service Susan visits them in their home and works with the older person to see what they would like to get from the service. She finds out about their background and interests and asks questions around what they would like to do when their volunteer visits. Some people would just like to have a cuppa and a good chat at home. Some would like to go for a walk and have a coffee together. Some choose to go out for a drive and visit places they remember from their younger years. It is quite a flexible service which is all about providing good company in a way that works well for both the volunteer and the person that they visit. Visits are intended to be ongoing so it is important that they work well for both.

AVS really works with clients reporting a big change as a result. One stated: ‘I feel more connected to the community. We sometimes meet in a café. My visitor is a young woman and we talk about her life. This interests me. We both enjoy the visits’. One volunteer visitor stated ‘I had a phone call from my client’s sister-in-law to tell me that my visits have had a wonderful difference to her life....My client has become more extroverted and talkative’.

AVS has grown considerably over the past few years. There are currently over 101 volunteers who visit 107 older people each week across the Nelson Tasman region, including Golden Bay. Over the course of the previous year AVS volunteers provided 3131 visits and 1018 phone calls to older people.

If you would like to know more about AVS or know someone who would benefit from it please contact Susan on (03) 544 7624 or email: coordinator@ageconcernt.org.nz

Get comfy with today’s crossword

Brought to you by Ultimate Care Kensington Court



ACROSS

- 1 Past history (5,6)
- 8 Small glass of alcohol (7)
- 9 Unspoken (5)
- 10 Made do (4)
- 11 Requiring (7)
- 12 Greedy person (colloq) (3)
- 13 Yield (4)
- 15 Candid and honest (4)
- 17 A reduction (3)
- 19 Freeze (3,4)
- 20 Highest point of achievement (4)
- 23 Closes (5)
- 24 Anguish (7)
- 25 Performer (11)

1		2		3		4		5		6		7
8								9				
10						11						
				12								
	13	14						15				
16						17						18
19									20	21		
								22				
23						24						
		25										

DOWN

- 1 Threw (6)
- 2 Similar (5)
- 3 Friends (4)
- 4 Making a mistake (6)
- 5 Punctual (2,3,3)
- 6 Mislead (7)
- 7 Power cut (6)
- 12 Stocky (8)
- 14 Carry out (7)
- 16 Debacle (6)
- 17 Depression (6)
- 18 Become septic (6)
- 21 Uninfected (5)
- 22 Opera solo (4)

Check your answers at <https://www.ultimatecare.co.nz/answers-three> or pop by Ultimate Care Kensington Court to collect your copy of the answers

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KENSINGTON COURT

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International Day of the Older Person



At Age Concern we love International Day of the Older Person. It provides us with a great opportunity to put on a fun filled afternoon in celebration of older people.

This year we had a multicultural theme to our event. Over 120 people attended and they were able to watch two multicultural performances. Firstly, a Thai Dance by Lita Champapaeng, a migrant student who attends Waimea college. Lita was incredibly graceful and it was quite mesmerising watching her. Secondly there was a demonstration from the Taoist Tai Chi club who ran through a series of moves in perfect unison.

A delicious afternoon tea followed which was generously sponsored by Anna Loach from Simplicity Funerals. A real highlight for many people was the photo booth, where people had to opportunity to dress up and have a series of photos taken. Thanks very much to Marrit for organising such a great day.

Coming up we have a sausage sizzle at Bunnings on **Saturday 3 November** to raise awareness of the International Day of Older Persons and the challenges older people face. It will run between 9am and 4pm outside Bunnings on Saxton Road. Please feel free to come along and support us.

Green Prescription is coming to Age Concern

Are you wanting to make some changes to improve your health? Maybe learn something new, lose some weight, become a little more active or maybe you just want to get involved with a group of new friends? It can be hard getting started but Green Prescription will help you make changes based on what's important to you.

"I was eating badly due to depression and couldn't walk properly due to bad health. Green Prescription gave me something to look forward to and a group of people to do it with".

Green Prescription participant - July 2017

One of the best ways to start is by attending **QuickStart** - an information session that builds knowledge and confidence around lifestyle options. You'll be guaranteed a laugh and something to eat and drink! Topics include:

- How to get motivated.
- Understanding Nutrition.
- Interesting facts that can influence your choices.
- Bonuses of being active.

Quickstart is coming to Age Concern Nelson Tasman in the New Year on: **Tuesday 12th February 2019 at 10am – 11.30am**. If you're thinking about making changes to any aspect of your lifestyle then Green Prescription is definitely for you. It's fun, relaxed and very social.

To register your interest to attend Green Prescription QuickStart please contact Marrit on (03) 544 7624 or email: community@ageconcernnt.org.nz
You can also register online at: www.nbph.org.nz/green-prescription

Rongoā Kākāriki
GREEN
PRESCRIPTION

Help Us Create A Vibrant Hub For Older People

Age Concern Nelson Tasman has taken over the management and is now sole lessee of what was formerly called the Richmond Seniors Rooms. Previously these rooms, right next door to our offices at 62 Oxford Street, were jointly managed by the Richmond Seniors and Age Concern. We are now calling it the Age Concern Hall.

All existing arrangements over the use of the Hall are being upheld, and we are looking forward to planning more activities and events in order to make it a vibrant community hub for older people in the area.

Age Concern is currently looking into ways of upgrading the Hall and other rooms so they are more inviting and welcoming. Watch this space!

If you'd like to help us make improvements to the Hall, we've set up an online donation page at Give A Little, which is www.givealittle.co.nz/org/age-concern-nelson-tasman.

We're also looking for donations of memorabilia and vintage items to display and have available for people to reminisce. So far we've obtained a beautiful old Stereophonic record player and radio, which we'll be using to play records on and enjoy musical get-togethers. If you have anything you'd be happy to donate to our Hall, we'd love to hear from you! Call Caroline on (03) 544 7624 or email: manager@ageconcernnt.org.nz



Friendly, local Total Mobility (TM) provider for personalised transport

Freedom Drivers Nelson, run by Sheryl Greenwood, brings a warm and friendly driving service right to your door.

"As a Total Mobility (TM) service provider, we provide TM discounted transport so make sure you let us know you have a TM card when you enquire," says Sheryl. "Some residents may not realise that we provide the TM service which was previously known as the 'taxi chit' or voucher system," she adds.

"We specialise in providing safe caring transport and assistance for our senior citizens. We cover a wide area including Nelson, Richmond, Wakefield and Motueka but will also travel further afield to pick up those living out of the main urban areas," says Sheryl.

Service is personalised and Freedom prices are comparable to (and often less) than standard taxi but with lots of extras.

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AGM Roundup

Our AGM was held on 17 September and was a fantastic celebration of the achievements of Age Concern Nelson Tasman over the past year. The AGM was well attended by over 50 of our members and was followed by a wonderful morning tea. The Annual Report to the AGM clearly captured how much the organisation has grown over the previous year, including how our activities and services have extended.

Key highlights of the year were:

- Our Elder Abuse and Self Neglect Adviser works with approximately 100 cases a year both for those who are in abusive situations and those living in self-neglect, and provides professional and empathetic support to them.
- We currently have 107 Accredited Visitor Service (AVS) clients and 101 AVS visitors across the Nelson Tasman region.
- Our Carer Relief Service grew by 58% over the year.
- We helped keep 243 senior drivers safer on the roads with our Staying Safe and Life Without a Car workshops.
- We ran 3 CarFit events – showing 18 older drivers how to be safer and more comfortable in their cars.
- We put on fun, easy dance classes for over 40 older people.
- We provided outdoor activities that over 250 people got involved in during the summer of 2017-18, including tai chi, heritage walks and bowls.
- We delivered 4 Sexuality and Intimacy Talks to staff in different aged care facilities, visited 17 aged care facilities and trained 260 staff on elder abuse awareness and gave 27 public awareness presentations on elder abuse.
- We ran the Intergenerational Life Stories project with two classes at Nelson Intermediate and over 30 students produced beautiful personalised ‘Reflections of My Life’ books about an older person in their life.
- We recognised 162 AgeConnect Champions – organisations businesses and agencies committed to supporting the older members of the community.
- We ran Tea & Tech in three different locations upskilling 70 people about digital technology.

- We ran 27 van trips for 233 passengers taking older people out and about or to Tea & Talk.
- We established PetConnect and had 9 PetConnect visits where volunteers and their pets visited 3 different aged care facilities.
- We carried out 203 assessments of people eligible to join the Total Mobility Scheme and now have almost 950 members on this scheme which we administer and manage on behalf of the Nelson City and Tasman District Councils.
- We recognised Elder Abuse Awareness Week, celebrated International Day of the Older Person, and handed out over 50 Christmas care packages to vulnerable older people.
- We extended Tea & Talk and it now operates in four different locations across the Nelson Tasman region.
- At Age Concern we have over 130 volunteers for AVS, Carer Relief, AgeConnect and office relief, who donated approximately 6250 hours to the organisation! Thank you so much.

PetConnect Comes to Tea & Talk Richmond

We love it when different aspects of Age Concern joins together to create a special event. On 14 November PetConnect will be coming to Tea & Talk Richmond. PetConnect is all about sharing the unconditional love of animals with older people. Usually PetConnect occurs in rest homes or retirement villages. The response to this initiative has been heart-warming so we are really excited to bring it to Tea & Talk. At this special Tea & Talk there will be three different breeds of dogs: Bella, a whippet/ greyhound; Mabel, a labradoodle and Pepin, a short-haired border collie. Please feel free to come along and join us on 14 November from 10.00 - 11.30am in the Age Concern Hall, 62 Oxford Street.



Improving the quality of life for those with low vision

We know how important reading is to our independence and living our best life. When the best glasses can’t help you read there is help to make the most of your remaining sight.

A partnership between the Blind Foundation and Matthews Optometry Group is providing low vision clinics; aimed at improving the quality of life of people with low vision and building the case for national low vision services. The free low vision assessment will provide tailored advice to help make everyday activities easier; such as reading documents, emails, the newspaper or recipes, and telling the time.

People attending the clinics need to have had a recent eye examination, and stay in the care of their usual eye health professional for ongoing eye care.

To book your assessment talk to your eye health professional or contact the low vision clinic:

Nelson Matthews Eyewear Eyecare Ltd,
1 Buxton Square, Nelson
(03) 548 3249

Motueka Matthews Eyewear Eyecare Ltd,
217 High Street, Motueka
(03) 528 8724

Richmond Matthews Eyewear Eyecare Ltd,
355 Lower Queen Street, Richmond
(03) 544 4319

When the best glasses can’t help you read, we can help.

Reading is so important to our independence and living our best life, so it’s essential to make sure we can keep on doing it.

Book in for a free assessment at our low vision clinic by seeing your local eye health professional or contacting us directly on:

Nelson Matthews Eyewear Eyecare Ltd, 1 Buxton Square, Nelson 03 548 3249
Motueka Matthews Eyewear Eyecare Ltd, 217 High Street, Motueka 03 528 8724
Richmond Matthews Eyewear Eyecare Ltd, 355 Lower Queen Street, Richmond 03 544 4319

Book your
FREE
assessment
TODAY

A partnership between the **Blind Foundation** and **Matthews Optometry Group**.

Upcoming Van Trips

Our van trips are back up and running after a winter hiatus. Over the coming months we are running weekly trips to Tea & Talk in Richmond, monthly Blokes Day Out and Girls on Tour, as well as weekly trips to various locations and events. We are really appreciative of Fitzgerald Construction and Bowater Toyota who provide us with their community vans for these trips. We are also very fortunate to have a number of fabulous volunteers who drive on and host these trips.

These trips are proving extremely popular and the difference they make to those involved is immense. The proven physical and mental health benefits of staying socially active for older people are huge.

There is a \$5 donation/koha which is a donation towards petrol and expenses. Upcoming trips are detailed below. These trips are open to anyone over the age of 65 but spaces are limited so make sure you let us know if you would like to join in on one as soon as possible. Please contact Breffni on ageconnect@ageconcernnt.org.nz or (03) 544 7624 to book your spot.

TRIPS AND PICK-UPS

Tea & Talk

- Every Wednesday until 19 December. Pickups from 9am around the Stoke and Richmond area. \$3 for morning tea at Tea & Talk.

Shopper Dash

- Every Wednesday we can pick up one Richmond resident and take them to the shops and back between 10 - 11am.

Wednesday 7th November 2018

- Trip to Queens Gardens and The Suter Gallery for the afternoon. Afternoon tea at the Suter Café at your own expense.

Wednesday 14th November 2018

- Tea and Talk Richmond: A PetConnect visit included for those who love animals. Pickups from 9am around the Stoke and Richmond areas.

Thursday 22nd November 2018

- **Girls on Tour** - A morning drive to Eyebright (full of lovely Christmas ideas) and then to Grape Escape for a cuppa (at own expense).
- **Blokes Day Out at Nelson Airport** – an afternoon guided look at the next phase of construction of the new terminal and a walk through and stop for a beverage & bite (at own expense) in the new terminal.

Wednesday 28th November 2018

- A trip to Broadgreen House in the afternoon. Cuppa and treats at the café are at your own expense.

Wednesday 5th December 2018

- Our Christmas Tea & Talk Richmond. Pickups from 9am around the Stoke and Richmond area.
- Trip around Monaco and to the Honest Lawyer for the afternoon. Drink and nibble at your own expense.

Wednesday 12th December 2018

- Stoke Seniors Christmas lunch – there will be children coming in to sing Christmas carols followed by a 3 course lunch and drinks. There will be around 50 raffles and of course Santa will visit. Tickets are \$25. Pick-up will be from 10am as the entertainment and food start at 11am. Remember to bring money for drinks and raffles. We are aiming to have two vans and do pickups from Stoke/Richmond as well as Nelson/Bishopdale/Tahunanui.
- Stoke shopper dash - a quick run to the shop and back between 11am – 12.30pm for a Stoke resident.

Thursday 13th December 2018

- Morning shopper dash or cuppa trip to Mitre 10 Mega. Cuppa and purchases at your own expense.
- **Afternoon Blokes Day Out to Mapua** for a ride in the 1936 Cord or a Classic Jaguar and refreshments at Jellyfish at own expense. Pickups from 12pm.



Upcoming Staying Safe Driving Courses and CarFit

Are you an older driver who would like to brush up on your road knowledge or do you know someone who does? At Age Concern we run regular and **FREE** Staying Safe Driving Courses for older drivers. They are led by driving instructor, Garry Dunn and run through such things as recent road rule changes, plus the process for renewing your licence once you reach 75 and the options for what to do if you have to give up your driving licence. People who attend these courses report a very high level of satisfaction with the course and an increase in their driver confidence.

Over the course of the coming months we will be running several Staying Safe Driving Courses across the Nelson Tasman region. Upcoming dates and locations are:

- **Wednesday 21 November from 10.30am to 12.30pm at Founders Park, Nelson, venue Jaycee Room**
- **Monday 25 February in Motueka, venue TBC**
- **Monday 29 April in Golden Bay, venue TBC**

We also run CarFit workshops. This is an AA programme that offers senior drivers a free check to ensure they're seated in their cars as safely and comfortably as possible. It is run with the help of Age Concern AA trained volunteers and Kirsten Mirfin, an Occupational Therapist. Each session takes no more than half an hour. Dates and locations for CarFit are:

- **Monday 19 November, at the Nelson Golf Club Car park, appointments from 10am and bookings are necessary.**
- **Friday 22 March 2019, during the Positive Ageing Expo at the Headingley Centre, appointments from 10am and bookings are necessary.**

If you would like to attend any of these workshops please register with us by contacting Marrit on (03) 544 7624 or emailing: community@ageconcernnt.org.nz



Simplicity Funerals are firm believers that all funerals should reflect the wishes of the family and deceased, no matter what their financial circumstances may be, and Simplicity Funerals will make sure that this philosophy is always upheld.

Whether you need to arrange a funeral for a loved one, or you are trying to take the burden of arranging your own funeral from someone else, we are here to guide you through all of the arrangements, respecting your wishes every step of the way.

We are happy to discuss all aspects of funerals including preplanning and prepayment options, and to make things a little easier, we are happy to come to you at home.

We value the trust and confidence our clients place upon us and you can depend on us to meet your needs with compassion and integrity, *always*.



Anna Loach: Manager & Funeral Director

Our Price Promise

From the simplest to the most elaborate of funerals, you can trust us

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www.simplicity.co.nz

Editorial supplied by Simplicity Funerals Nelson

Shone & Shirley Funeral Directors

At Shone & Shirley, we provide sympathy, understanding and caring guidance throughout the funeral arrangement process. Our purpose is to help each family tailor a funeral for their loved one that is unique, personal and true to the person who has passed, reflecting their life, personality, beliefs and culture. We are there to support and assist your family in anyway we can, caring for your loved ones as if they were our own.

In times of great transition, Shone & Shirley Funeral Directors will put your needs first. Traditional or contemporary but always memorable, dignified farewells.

Check out our website:
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locally owned and operated

phone 03 546 5700 24hrs
www.shoneandshirley.com
164 Tahunanui Drive, Nelson

Editorial supplied by Shone & Shirley

The Little Black Book of Scams

Finally, a booklet which gives a clear overview of the different types of scams and how to avoid them! The Little Black Book of Scams contains key information to help fight scammers. It details different types of scams, how to avoid falling for them, and what to do if you're caught. The booklet has been produced by the Commission for Financial Capability (CFFC) and is the first New Zealand edition following the release of a similar booklet in Australia.

"Knowledge is power, and we hope this booklet will spread the knowledge of how to stay financially safe" states CFFC Education Manager Bronwyn Groot. She says scams are sophisticated, constantly changing and causing devastating losses to New Zealanders. It is hard to know the true extent of how much people lose through scams as most go unreported. Netsafe estimates New Zealand may be losing up to \$500 million each year to cybercrime and scams run through the email, phone calls, text, mail and door knocks. Older people are specifically targeted by scammers as they are seen as a vulnerable group.

The Little Black Book of Scams outlines how scammers target their victims and trick them into parting with their money, gives tips on how people can protect themselves, points out the 'red flags' that give away a scam, what to do if you've fallen for one, and the various agencies to which you can report different types of scams.

The Little Black Book of Scams can be read and downloaded for free from the CFFC website - www.cffc.org.nz. or we have some copies at Age Concern. Please contact us on (03) 544 7624 or email: support@ageconcernnt.org.nz for a copy.



Summer Activities for Seniors

At Age Concern we are really excited about the schedule for this season's Summer Activities for Seniors. We are now into our third year of organising and managing this series of activities over summer - supported by both Nelson City Council and Tasman District Council. The series provides many wonderful opportunities to get out and about, possibly try something new and enjoy the beautiful parks and reserves which the Nelson Tasman region has on offer. The very popular activities such as Tai Chi and Sing-a-Long in the Park are back. There are also a number of walks including Heritage Walks, Edible Walks and Guided Walks. A new and exciting addition this year is the guided bike trail taking in some of Nelson's wonderful bike trails and a Mobility Scooter Guided Trail. Bookings are not required, simply turn up and enjoy. See below for the full timetable.

Sing-a-Long in the Park

- Thu 21st Feb, 10-11.30am. Washbourn Gardens, Richmond. Meet at the Fuchsia House.
- Wed 27th Mar, 10-11.30am. Anzac Park, Nelson. Meet in the centre of park.

Heritage Walk

- Wed 27th Feb, 10-11.30am. Miyazu Gardens. Meet at the carpark off Atawhai Drive.
- Wed 13th Mar, 10-11.30am. Isel Park Tree Walk. Meet in front of Isel House.

Edible Walk

- Fri 1st Mar, 10-11.30am. Orphanage Stream Walk. Meet at Saxton Road East by Covent Drive (where walkway commences).
- Fri 22nd Mar, 10-11.30am. Stoke Railway Reserve. Meet at Standish place, off Main Road Stoke.

Guided Walk

- Wed 20th Feb, 10-11.30am. Maitai Walkway, Nelson. Meet at Miller's Acre Car Park.
- Fri 22nd Feb, 10-11.30am. Inlet Walkway, Old Wharf Road, Motueka. Meet at Motueka Community Gardens.
- Wed 20 Mar, 10-11.30am. Te Waikoropupu Springs, Pupu Valley Road, Golden Bay. Meet at carpark.

Guided Bike Trail

- Wed 6th Mar, 10-11.30am. Richmond Estuary Trail to Best Island and back. Meet with bikes at car park just before ASB Aquatic Centre.
- Fri 15th Mar, 10-11.30am. Monaco Loop Bike Trail. Meet at Humpback Bridge by Nelson Airport.

Tai Chi

- Mon 18th Feb, 10-11am. Victory Square, Nelson. Meet near the playground.
- Mon 25th Feb, 10-11am. Broadgreen Gardens, Stoke. Meet outside Broadgreen House.
- Mon 4th Mar, 10-11am. Miyazu Gardens, Nelson. Meet at car park off Atawhai Drive.
- Mon 11th Mar, 10-11am. Washbourn Gardens, Richmond. Meet at Fuchsia House.
- Mon 18th Mar, 10-11am. Founders Park, Nelson. Meet at the village green in the centre.
- Mon 25th Mar, 10-11am. Botanical Reserve, Nelson. Meet at Milton Street next to clubhouse.



Mobility Scooter Guided Trail

- Fri 8th Mar, 10-11.30am, Stoke Railway Reserve. Meet at entrance almost opposite Bunnings Warehouse.



We create a loving, warm and homely atmosphere where each person is supported to experience each moment richly.

Tasman offers every level of aged care, so no matter what the future holds, you will never need to move.

REST HOME, HOSPITAL AND DEMENTIA CARE

14 Browning Crescent, Stoke, Nelson
Please contact Al on (03) 547 6867
www.tasmanrh.co.nz

Senior Move Managers

Senior Move Managers specialise in assisting older adults during the transition of moving home; either downsizing, or moving into a retirement village.

The process of moving home can be very stressful and overwhelming. The team at Senior Move Managers effectively manages and undertakes this move removing all of the burden on you and your family. Everything from decluttering and organising, to packing your belongings and relocating them, right through to selling items on your behalf and professionally cleaning your home.

If you or a loved one are thinking about moving and you're unsure where to start, we can help. Give us a call for a no obligation quote on 0800 667 558.

What our previous clients have said:

We expected a move which would normally have difficulties and stress. With SMM we had no difficulties whatsoever. Great staff who handled everything with a smile. Highly recommended!

I had all stress taken from me and was in good hands. They helped to move me, and helped me to unpack at the new address.

Being based in out of town, both my sister and I appreciated having Senior Move Managers' team on the ground when we couldn't be there for Mum.

Mum's mental well being has also improved significantly since you started helping her! I was afraid this move might be the death of her but I don't feel that way at all now. Thank you!

"Making your next move your best move"

Editorial supplied by Senior Move Managers

Getting exhausted at the thought of downsizing?

SENIOR MOVE MANAGERS CAN HELP

Senior Move Managers specialise in assisting older adults and their families with the emotional and physical aspects of relocating home. We plan, advise, organise and monitor all aspects of the moving process to reduce the burden on and ease the stress of the move.



SENIOR MOVE MANAGERS LTD

Phone us on 0800 667 558
to see how we can plan and manage
your move from start to finish

www.seniormovemanagers.co.nz